



# 2011-2012



## FRANK NILES HITTERS' WORKSHOPS

Hitters' Workshops, led by Coach Frank Niles will be held four different times throughout the winter and spring. Designed to give hitters an opportunity to focus directly on all aspects of the fine art of hitting, workshops will be held on Saturdays in November and then during Christmas, February and April school vacations.

The workshops will be held in two different age groups, 8-12 and 13-18. Players will be grouped by age and ability.

Lectures and drills are intended to create habits that will give hitters what they need to succeed come game time. Each workshop will include:

- \* DAILY HITTING LECTURES
- \* FIVE DIFFERENT HITTING STATIONS
- \* VARIOUS SKILLS WORK AND DRILLS
- \* LIVE HITTING CAGE WITH PITCHER
- \* SOFT TOSS AND BUNTING
- \* FOUR LIVE HITTING STATIONS
- \* SAFETY STATION ON INSIDE PITCHES

**COST is \$150.00 for Members and \$185.00 for Non Members.**

**ENROLLMENT IS LIMITED!**  
**Please detach and return with payment**

---

### SSBC 2011-2012 HITTERS' WORKSHOPS REGISTRATION FORM

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Street \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 E-Mail Address \_\_\_\_\_

**Please check the session that you will attend**

SESSION ONE:	_____ Ages 8-18	11:15-1:00 PM	Saturdays October 29, November 5, 12, 19
SESSION TWO:	_____ Ages 8-18	9:00 AM-10:45 AM	December 27, 28, 29, 30
SESSION THREE:	_____ Ages 8-18	9:00 AM-10:45 AM	February 20, 21, 22, 23
SESSION FOUR:	_____ Ages 8-18	9:00 AM-10:45 AM	April 17, 18, 19, 20

**Please check method of payment:    Members \$150.00    Non Members \$185.00**

Cash  Check  MC  VISA  # \_\_\_\_\_ EXP. \_\_\_\_\_

Signature \_\_\_\_\_

OFFICE USE: DATE \_\_\_\_\_ AMT \$ \_\_\_\_\_ CASH  CK # \_\_\_\_\_ AP # \_\_\_\_\_



**www.SSBC.com**

Administrative Offices: 190 Old Derby St., Suite 101 • Hingham, MA 02043 • 781-740-4382  
 Facility: 55 Recreation Park Drive • Hingham, MA 02043 • 781-749-6466 • 1-800-GO-4-HITS

**SSBC – “Where the Dream Begins...”**

